

Eat Smart Be Smart

ESSENTIAL TOOLS

*These resources are free from the USDA and can be downloaded from the following sites.
A free copy of all of these resources can be ordered at the following link: <http://tn.ntis.gov/>*

Teacher References, Student Worksheets or Posters

Getting Started with MyPlate

This is a step-by-step explanation of the key concepts of the Choose MyPlate.

<http://www.cnpp.usda.gov/Publications/MyPlate/GettingStartedWithMyPlate.pdf>

Selected Dietary Guidelines Messages: Suggested areas for improving health : Balance Calories, Foods to Increase, and Foods to Reduce.

<http://www.choosemyplate.gov/print-materials-ordering/selected-messages.html>

10 Tips Nutrition Education Series

Provides high quality, easy-to-follow tips in a convenient, printable format

<http://www.choosemyplate.gov/healthy-eating-tips/ten-tips.html>

My Plate at Home Handout

<http://teamnutrition.usda.gov/Resources/MyPlateAtHome.pdf>

My Plate Posters (large and mini poster sizes)

<http://teamnutrition.usda.gov/Resources/eatsmartposter.pdf>

<http://teamnutrition.usda.gov/Resources/eatsmartminiposter.pdf>

MyPlate Graphic Resources

Color and black and white resources to download or print.

<http://www.choosemyplate.gov/print-materials-ordering/graphic-resources.html>

MyPlate Coloring Sheets

Black and white graphic of plate for kids to draw or color.

<http://www.choosemyplate.gov/food-groups/downloads/MyPlate/ColoringSheet.pdf>

Daily Meal Plans for Students

http://www.choosemyplate.gov/food-groups/downloads/results/MyDailyFoodPlan_1600_6to8yr.pdf

http://www.choosemyplate.gov/food-groups/downloads/results/MyDailyFoodPlan_1800_9to17yr.pdf

Read It Before You Eat It! Poster (appropriate for Grade 3-5)

Covers the Nutrition Facts Label. http://www.teamnutrition.usda.gov/Resources/read_it.html

Serving Up My Plate: A Yummy Curriculum

<http://teamnutrition.usda.gov/Resources/servingupmyplate.htm>

ESSENTIAL TOOLS

If you are looking for children's books on food and nutrition to use to supplement the lessons, check out the extensive bibliography available from the Michigan Team Nutrition Program at the following link: <http://www.tn.fcs.msue.msu.edu/resources.html> (click on "Updated Michigan Team Nutrition Book List")

List of Children's Books used in Eat Smart Be Smart Lessons

Books are a great way to introduce or reinforce a concept with children. The books listed below are used with specific lessons in this curriculum. Most of these books should be available at your local library or can be purchased for under \$10.00 each. If you would like to borrow some of the books for your use, please contact the Montana Team Nutrition Program at (406) 994-5641 or e-mail kbark@mt.gov

Kindergarten

Bread, Bread, Bread

By: Ann Morris

ISBN: 13:978-0-688-12275-1

This book is suggested for use with the Kindergarten The Grain Train lesson.

Eating the Alphabet. How much of the alphabet can you eat?

By: Lois Ehlert

ISBN: 0-15-201036-X

This book is suggested for use with the Kindergarten, Fun Fruit and Vegetable Find Lesson.

The Little Red Hen

By: Paul Galdone

ISBN: 0-89919-3449-8

This book is suggested for use with the Kindergarten The Grain Train lesson.

The Milk Makers

By Gail Gibbons

ISBN: 0-689-71116-6

This book is suggested for use with the Kindergarten Strong Bones-3 is the Key lesson.

First Grade

Eating the Alphabet. How much of the alphabet can you eat?

By: Lois Ehlert

ISBN: 0-15-201036-X

This book is suggested for use with the Grade 1 Fruit and Vegetable Colorful Plate lesson.

Those Mean Nasty Dirty Downright Disgusting but... Invisible Germs

By: Judith Rice

ISBN: 0-934140-46-4

This book is suggested for use with the Grade 1, Safety First Lesson.

Grades First-Third

Shapesville. A book celebrating positive body image and diversity!

By: Andy Mills and Becky Osborn

ISBN: 0-936077-47-6

This book is suggested for use with the Grade 3 All Shapes and Sizes Lesson.

Grades Third through Fifth:

Good for You

By Connie L. Evers

ISBN: 07864748-4

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